



Grape must and molasses pudding – Moustalevria

20'
Hands on

2 hours'
Hands off

6-8
Portion(s)

2
Difficulty



Ingredients

- 1 liter water
- 50 g corn starch
- 50 g all-purpose flour
- 100 g granulated sugar
- 250 g grape molasses
- 1 teaspoon(s) cinnamon
- 1/3 teaspoon(s) cloves
- 50 g sesame seeds
- 1 teaspoon(s) [vanilla extract](#)

To serve

- cinnamon
- walnuts

Διατροφικός πίνακας

Nutrition information per portion

245 Calories (kcal)	3.8 Total Fat (g)	0.7 Saturated Fat (g)	50.0 Total Carbs (g)
12%	5%	4%	19%
39.0 Sugars (g)	2.5 Protein (g)	1.0 Fibre (g)	0.07 Sodium (g)
43%	5%	4%	1%

Method

- In a [pot](#) add the water, the corn starch, the flour, the sugar, the grape molasses, and whisk well.
- Transfer over medium heat and add the cinnamon, the cloves, and whisk. Keep whisking until the mixture comes to a boil and thickens.
- Place a [frying pan](#) over medium heat and add the sesame seeds. Toast them and transfer to the pot. Keep whisking.
- Add the vanilla, whisk, and remove from the heat.
- Divide the pudding among individual bowls and let them cool. As soon as they reach room temperature, transfer them to the refrigerator.
- Serve with the cinnamon and the walnuts.